

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ  
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ  
КОНФЕРЕНЦІЇ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
КАФЕДРИ ІНОЗЕМНИХ МОВ**

**“TO LIVE IN A SAFER WORLD”**

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individual nerve cells (neurons), which are crucial for mental functions. Each region of the brain scanned by MRI consists of thousands of individual neurons. The latter can discover a lot of unique facts, because certain areas of the brain shown on MRI can present a number of different functions. That's why it is complicated to distinguish what kind of brain activity is currently represented on the scan.

Some critics argue that MRI is nothing more than a high-tech version of phrenology, a pseudoscience of the 19th century that claimed a person's character to be identified by the shape and form of the skull. In future researchers hope to make MRI more scientifically reliable by improving its accuracy, focusing on individual neurons. These scientists believe to get a more complete and accurate picture of the brain activity by recording the electrical activity of neurons.

## EXERCISE AS A PROPHYLAXIS OF HEART DISEASES

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Over the past century we have become increasingly sedentary due to the technical advancements of today's world. Studies have shown that the decline in our physical activity associated with these advancements plays a great role in the decline of our health. Cardiovascular diseases are the main cause of mortality in almost all countries, accounting for 36% of all deaths in 2013. They cover a range of diseases related to the circulatory system, including ischemic heart disease and cerebrovascular disease (or stroke). A sedentary lifestyle is one of the 5 major risk factors (along with high blood pressure, abnormal values for blood lipids, smoking, and obesity) for cardiovascular disease.

The American Heart Association has stated that the leading cause of heart disease is physical inactivity. The Surgeon General's report states that "regular physical activity or cardiorespiratory fitness decreases the risk of cardiovascular disease mortality in

general, prevents or delays the development of high blood pressure in people with hypertension". Physical activity also aids in the prevention of heart disease by improving a person's cholesterol level. Research on physical activity and cholesterol have shown that exercise raises the level of "good" cholesterol, lowers the triglyceride level, improves the total cholesterol ratio, and slightly lowers the level of "bad" cholesterol. Physical activity refers to any body movement produced by the skeletal muscles and resulting in a substantial increase over the resting energy expenditure. Exercise benefits the individual throughout the entire lifespan and it is never too late to start. As a child, physical activity is crucial to the growth and strengthening of bones and muscles. As an adult, whether 30 years old or 75 years old, exercise is crucial to health maintenance and quality of life.

Thirty minutes of moderate activity daily equates to 600 to 1200 calories of energy expended per week. It is important that the exercise a person chooses is appropriate for the present physical ability. Three components to exercise (modality, duration and intensity) need to be balanced so that they meet the needs and the abilities of the individual.

In conclusion, physical activity and exercise is a crucial and critical component to healthy living. It is never too late to start exercising, so long as the type of physical activity engaged in is appropriate to one's physical ability. Start out slowly and safely and build up to the recommended frequency, duration, and time.